



The Greype-Vine Grey's Hospital

Pietermaritzburg
November 2009

www.kznhealth.gov.za/greyshospital.htm

THE MANAGEMENT OF GREY'S HOSPITAL
WOULD LIKE TO WISH THE STAFF AN
ENJOYABLE AND SAFE FESTIVE SEASON.
THEY WOULD ALSO LIKE TO THANK
EVERYONE FOR THEIR HARD WORK AND
COMMITMENT IN 2009.

Editorial Committee:

Editor:	Alison Guise-Brown	Pager 515
Members:	Mrs. A Chetty Occupational Therapy.	3200
	Mrs. Y Thambiran Mammo	3019
	Miss K Deepnarain HRD	3308
	Mr. Z Mntungwa PRO	3684

Unfortunately Mr. Gerald Runganathan has resigned from the Editorial committee as he is no longer working full time at Grey's. We appreciate his past contributions to the magazine and wish him luck with his new venture. If there is another member of staff who would like to find out about the committee and who would like to join us, please feel free to contact any one of the committee members with your questions. We are also looking for suggestions on how we can improve the magazine, ideas would be most welcome.

For the first time in many years, a 1 year midwifery course is being run by the Grey's Campus and midwifery department. 42 students from throughout the province commenced their training on 1st November. They will be doing their practical work at Grey's, Northdale and Edendale Hospitals. We wish them luck and hope they enjoy the experience.

In October 2009 Grey's Hospital held a mock disaster in preparation for any incidences that might occur during the 2010 World Cup. Students from group 7/07 acted as the injured and most were very committed to their new roles. Many could have been awarded 'Oscars' for their acting performances. Staff involved in the drill performed well and the results were pleasing. Most of the problems identified are easy to remedy and will be attended to by Hospital Management.

**The heaviest thing you can carry is a
grudge.**

Putting up a play ground at Tabitha Ministry

Sr Ruth Masembe (CCU) is currently completing her B-Tech Nursing Management Degree through the Durban University of Technology. One of the requirements for completing the degree is the student has to identify a need in the community and she must devise a project to meet that need. Sr Masembe chose Tabitha Ministries, an HIV/AIDS orphanage, situated at 30 Doull Road, Pietermaritzburg. The home currently houses 28 children between the ages of 0 and 7 years and is run by Gail Trollip, a registered nurse who trained at Grey's in the 1990's, and her staff of volunteers. It is entirely funded by donations.



Mrs. M Fletcher-Campbell and Sr B Douglas load the car with all the 'goodies.'

Ruth identified the following needs for the children:

- ❖ Play ground and entertainment facilities.
- ❖ New bed linen and blankets.
- ❖ Re-painting of the pre school class room and some toys for the children
- ❖ Stationery and books for the kids
- ❖ The home is in need of a suitable car to ferry the kids.

In the last Greye-Vine we appealed to staff to donate clothes for the children. Unfortunately the response was poor but the people who were prepared to help were extremely generous and Ruth was given several large bags of clothes and linen to take to the home. Senior Sr Bev Douglas kindly drove Ruth to the home so she could hand over the clothing and the staff were extremely grateful.



Ruth Masembe



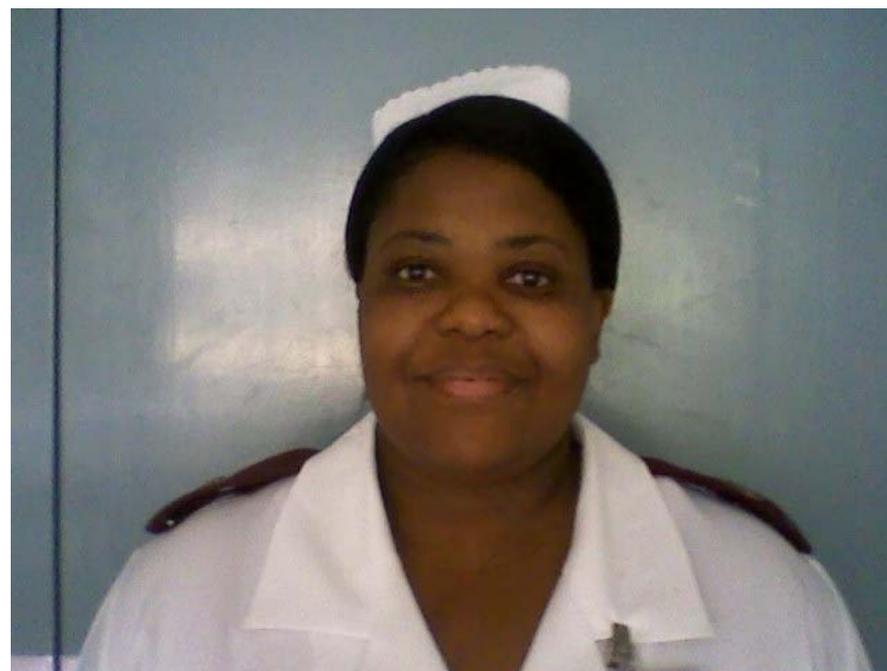
The play ground where Ruth plans to build the jungle gym.

How smart is Your Right Foot?

Just try this. It is from an orthopedic surgeon..... This will boggle your mind and you will keep trying over and over again to see if you can outsmart your foot, but, you can't. It's preprogrammed in your brain!

1. While sitting where you are at your desk in front of your computer, lift your right foot off the floor and make clockwise circles.
2. Now, while doing this, draw the number '6' in the air with your right Hand. Your foot will change direction.

I told you so!!! And there's nothing you can do about it! You and I both know how stupid it is, but before the day is done you are going to try it again, if you've not already done so. Send it to your buddies to frustrate them too.



Congratulations to Sister RN Khuzwayo, the new Unit Manager for Ward C1.





On Wednesday 2nd September the secretaries and staff from the Grey's x-ray department met at Spur to celebrate Secretaries Day. A great time was had by all who thoroughly enjoyed their lunch.

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Crèche Sports Day.

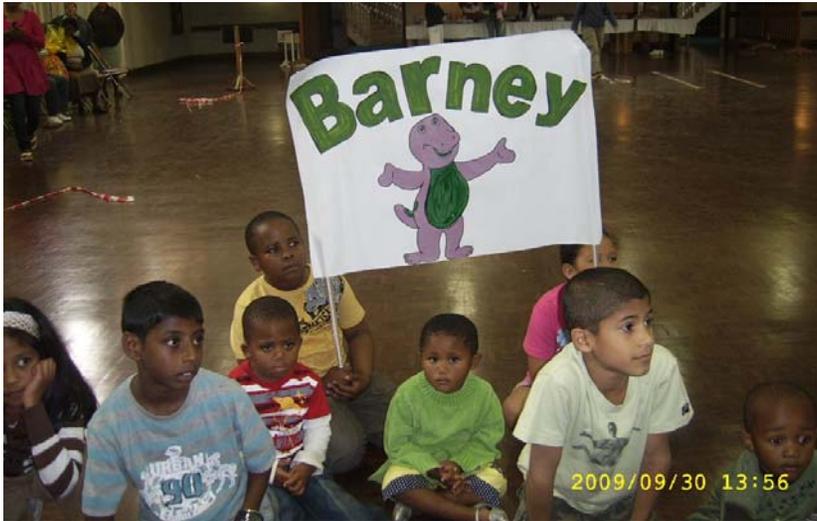
On 30th September 2009 the parents and staff in the hospital's crèche organized a Sports Day for the children. Because the weather has been so unpredictable lately it was decided to hold the day's events in the Nurses Home Recreation Hall. Everyone who took part, especially the children, enjoyed themselves and the venue proved to be a great success.



Mrs. Girlie Ngcobo receiving her prize after she won the raffle at the Crèche Sports Day.



Ready, Steady, GO!



Some of the children who took part in the sports day.



A great team effort helped rescue Austen McKenzie after he accidentally got locked in his mom's car. The little fellow thoroughly enjoyed the attention and only started to cry after Mr. John Todd had managed to open the door.



Bursaries for Student Nurses from 2010.



KZNCN has proposed that all students commencing nursing training in 2010 no longer receive a monthly salary but rather a bursary. KZN is one of only 3 provinces in the country that still pay students a monthly salary. The following are some of

the guidelines to be followed when the bursary system is implemented.

- ❖ Tuition fees, text book costs, University and registration fees will be deducted from the initial amount awarded.
- ❖ The remaining amount of the bursary will be divided into 12 and paid monthly as a stipend.
 - ❖ Learners will enter into a bursary contract with KZN-DOH.
- ❖ The prescribed uniform will be purchased by the learner.
- ❖ The off-duties of the learner will be in accordance with the Campus rules.
- ❖ Maternity leave will be considered a break in training and the learner will not receive a stipend during this period. Training will be extended.
- ❖ SANC and Campus rules will apply to sick leave. The full stipend will be paid for a maximum of 12 days sick leave per annum. Additional sick leave will be taken as unpaid leave. Training will be extended if excessive sick leave is taken.
- ❖ Bursaries will not be given to bridging course students who are currently employed by the health department; they will continue to receive a salary.

Why do people constantly return to the refrigerator with hopes that something new to eat will have materialized?

Fires in the Nurses Home/DQ.

Towards the end of October, Mrs. Waldhausen, (Nurses Home Lady Warden) met a frantic student nurse outside her office. He had run so hard he could hardly talk. Once he was able to regain his breath, he told her there was a fire in the Doctors Quarters, in the room next to his. He had heard the glass of the windows explode and when he looked outside he saw the smoke. It is thought that the student, in whose room the fire occurred, hadn't put out his cigarette 'stompie' correctly. The room is now totally burnt out and the student responsible is facing a large repair bill. But putting the costs of the damage aside, what about the danger to human life? Thank goodness the neighbour was in his room at the time and so was able to alert Mrs. Waldhausen.

Speaking to Mr. Mike Thomas, he stressed the danger of plugging many electrical appliances into one plug point at the same time. 15 Amp plug points are not made to accommodate 5-8 appliances simultaneously. Smoke detectors in the Nurses Home have been found to be covered with condoms or plastic bags, to prevent fire alarms from being triggered while people are cooking in their rooms.

A recent fire in the Nurse Dining Hall, thought to have been caused when staff forgot to switch off the chip fryer, when they went to tea, has caused about R30 000 damage to equipment. We all need to be more careful and considerate of others lives and property, in order to prevent a fatality or irreparable damage.

Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over?

GREY'S HOSPITAL AWARDS AND AWARD WINNERS 2009

MERIT AWARD

For the Student Nurse of the Year 2008-2009
Lynice Lenelle SOLOMON

MATRON'S PRIZE For Leadership

Lincoln Eustice Joseph VAN DER PLANK

SENIOR MEDICAL STAFF PRIZE

For the highest aggregate in Oral and Clinical
Assessments throughout training
Nobuhle Colina LUTHULI

Dr. WILLIAM J O'BRIEN PRIZE

For the highest aggregate in Theory Examinations throughout training
Thandi Thulisile MDABE (Neè KUBHEKA)

GROUP 1/86 TROPHY

For the best Student Nurse who has shown the best all round performance in
Psychiatric Nursing
Nicole-Ann NAIDOO

DAVID CANNING MEMORIAL TROPHY

Awarded to the 4th year student who receives the highest mark in Midwifery
theory and clinical
Vanessa Althea CAMP

DR. RUBEN NAIDOO TROPHY

Awarded to the Student who receives the highest marks in Ethos and
Professional Practice and Unit Management
Thandi Thulisile MDABE (Neè KUBHEKA)

MAVIS NASH TROPHY

For devotion to duty
Sarispathi RAMDAN



BLAIR-TURTON TROPHY

For the Student Nurse who obtained the highest aggregate in Clinical
Assessments in the Second Year
Nokubonga Mantombi ZWANE

GROUP 4/75 AWARD

For the Junior Nurse who obtained the highest aggregate in the Clinical
Assessments
Zanele MSOMI

GROUP 1/88 FELLOWSHIP AWARD

For the Bridging Course Student of the Year 2008-2009
Sarispathi RAMDAN

ENROLLED NURSE AWARD

ROBERT WEBB MEMORIAL TROPHY

For the Enrolled Nurse of the Year 2008-2009
Nonkazimulo Precious GWALA

HENRIETTA STOCKDALE FLOATING TROPHY

For the Senior Student Nurse who presents the best professional image for the
year 2008-2009
Sibongiseni Pearl KHANYILE(neè NDABA)

Dr. R.E. STEVENSON AWARD

For perseverance and achievement
Bongani Award ZUKE

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Flour and Water How come when you mix water and flour
together you get glue? And then you add eggs and sugar...
and you get cake? Where did the glue go?

NEED AN ANSWER?

You know darned well where it went!

That's what makes the cake stick to your BUTT

Christmas Appeal.



Every year we launch a Christmas appeal to collect 'goodies' etc for the less fortunate, to try and make their Christmas a little easier and more fun. This year we would like to collect toys/school stationery and clothes for the children at Tabitha ministries. Anyone willing to donate gifts for these children can either contact Sr P Carpenter in ENT Clinic (3734) or Sr A Guise-Brown (3529) in the Clinical Department. We will happily collect the donations from you and deliver them closer to Christmas.



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Event Summary: Healthy Staff Day



On 31 October 2008, Grey's Hospital Event's Committee successfully hosted a health promoting event focusing on health awareness amongst our staff. In honour of the event it was decided that Healthy Staff Day would be an annual event. On 18 September 2009 we proudly hosted the event again and celebrated our multi-talented staff.

The event was again a dynamic combination of health stalls on display, featuring information from a multi-disciplinary team on health techniques and the opportunity to have health treatments from alternate healers. Heidi Christie (Lily Diabetes Care) provided attendees with valuable health information relating to diabetes care and Ginger Nel (Roche) informed attendees about renal management. Virgin Active completed a fitness technique to help staff develop focused exercise skills.

Staff were given the opportunity to interact with nursing staff, human resource staff, allied health professionals, reflexologists, aromatherapists, relaxation/meditation therapist, representatives from medical companies relating to diabetes and obstetrics and gynaecology, have basic medical screens (blood/glucose; blood pressure and cholesterol), have eye screening and receive financial and body fitness advice at information tables. The event featured a healthy partnership between public health care and private company funders.

There were lucky prize draws and each of the following candidates is congratulated for winning R100 Woolworths Shopping Vouchers: Nr. M. Hemmero (P.O.P.D); Ms T. Govender (nursing college); Ms T.T Ndawo (nursing college); Sue van Rensburg (CHOC); N.G Mkhize (nursing college).

Everyone who contributed and participated in the event is thanked for making the event successful. It is hoped that all participants will proactively maintain healthy lifestyles and will not take their health needs for granted.



Christmas joy warms the heart

Shantal Singh
Senior Clinical Psychologist
Grey's Hospital



The annual Midmar Mile takes place on Saturday 13th and Sunday 14th February 2010 at Midmar Mile. Application forms are available on line at the following website:

www.midmarmile.co.za

Entry is R110 per person and for anyone who enjoys swimming it is a fun event to test your fitness.

CRÈCHE CHRISTMAS PARTY

The Crèche Christmas party will be held on Friday 11th December in the Nurses Home Recreation Hall starting at 1pm. The children will perform in a Nativity Play and parents and friends are invited to attend. A small tuck shop will be available for guests who would like to purchase something to eat.

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Some time in September a Correctional Services bus, that was transporting prisoners, was involved in a traffic accident in Pietermaritzburg. 38 injured prisoners were brought to Grey's Casualty. Dr LC Pillay, the HOD of casualty, was off duty at the time, but it took just one phone call to summons him to duty at the hospital. Prison wardens arrived within the half hour to guard the prisoners and in no time the staff in casualty and x-ray were able to attend to the patients. Everyone concerned must be commended for their prompt and caring attention.



LIFTS!!!

Everyone is pleased to see that the hospitals lifts are finally being repaired/replaced. Work has started in the South Block and on those near OPD. Let's hope the Christmas Holiday Season doesn't slow things down too much.

GREY'S HOSPITAL RADIOLOGY DEPARTMENT SEMINAR 2009

The SORSA seminar held at Grey's on the 24th October 2009 was a huge success; it was wonderful to see more than 220 delegates from all over KZN on a Saturday morning in our sleepy hollow. Thank you for the support.

CONGRATULATIONS TO

Nateesha Singh and Shenaaz Kader on their promotion to senior radiographers.

Mehnaaz Nazeer and Zinhle Mnguni on their promotion to Chief Radiographers.

Favourite Shembe and Yolanda Thambiran on completion of the Mammography course

Dr L Reddy and Dr M Durand on passing the FC RAD College of Medicine exam.

Dr VC Du Plessis and Dr S Malinga on passing part 1 of the above exam.

Garcia Rudolph on her marriage to Quinton Andrews.

WELCOME TO

Nerusha Govender, senior radiographer, who transferred from Northdale Hospital

Dr van Shouwenburg, medical officer from Pretoria Academic Hospital.

FAREWELL TO

Dr Phil Hartwig who is now a private radiologist at Kaufmann and partners, he is missed at Grey's Radiology.
Zaheera Mohammed who has relocated to Johannesburg

THANK YOU TO

The Community service radiographers Leeann Chetty, Rhea Ramnarain and Asande Mbanjwa for all their hard work during 2009. It has been a difficult year at Grey's due to the shortage of staff and your service was greatly appreciated. Best wishes go with you for your future plans in radiography.

Marc Smith recently represented KZN in the SA Cross country Champs.



Measles.

Measles is an infection of the respiratory system caused by a virus. Symptoms include fever, cough, runny nose, red eyes and a generalized rash.

- Measles is spread through respiration (contact with fluids from an infected person's nose and mouth, either directly or through aerosol transmission), and is highly contagious—90% of people without immunity sharing a house with an infected person will catch it. The infection has an average incubation period of 14 days (range 6–19 days) and infectivity lasts from 2–4 days prior, until 2–5 days following the onset of the rash (i.e. 4–9 days infectivity in total).

Signs and symptoms

☐ The classical symptoms of measles include four day fevers, the three Cs—cough, coryza (runny nose) and conjunctivitis (red eyes). The fever may reach up to 40° Celsius. *Koplik's spots* seen inside the mouth are pathognomonic (diagnostic) for measles but are not often seen, even in real cases of measles, because they are transient and may disappear within a day of arising.

The characteristic measles rash is classically described as a generalized, maculopapular, erythematous rash that begins several days after the fever starts. It starts on the head before spreading to cover most of the body,



often causing itching. The rash is said to "stain", changing colour from red to dark brown, before disappearing.

Complications

Complications with measles are relatively common, ranging from relatively mild and less serious diarrhea, to pneumonia and encephalitis, corneal ulceration leading to corneal scarring. Complications are usually more severe amongst adults who catch the virus.

The fatality rate from measles for otherwise healthy people in developed countries is 3 deaths per thousand cases, or .3%. In underdeveloped nations with high rates of malnutrition and poor healthcare, fatality rates have been as high as 28%. In immunocompromised patients (e.g. people with AIDS) the fatality rate is approximately 30 percent.

Vaccinations:

Routine measles vaccination is given at nine and 18 months in South Africa. In private healthcare it may be given as the combined measles, mumps and rubella (MMR) "three in one" vaccine at 15 months. Vaccination of children younger than nine months is not reliable, because the mother's antibodies still present in the child's blood can neutralise the vaccine. On the other hand, these antibodies give some natural protection to children in the first months of life.

Christmas recipes: Glazed Gammon.

Make sure your gammon has thawed completely before cooking. Place gammon, 4 bay leaves, 6 pepper corns, and two onions, peeled and cut into quarters, into a large pot. Cover with water and bring to the boil.

With the lid on, leave to simmer for 40 minutes per kilogram of gammon.

Leave to cool in the liquid, then remove and drain.

Remove the rind very carefully with a sharp knife, leaving a layer of fat on the gammon.

Cut a diamond pattern into the fat, being careful not to pierce the meat.

Place in a roasting pan.



Glaze:

100ml smooth apricot jam
20ml soya sauce
30ml brown sugar
5ml dry mustard
100ml honey
Halved glazed cherries

Mix all the glaze ingredients

together, except the cherries.

(Tip- mix a small amount of honey with the dry mustard before adding the mixture, this prevents lumps.)

Brush glaze liberally over the whole gammon.

Place in a pre-heated oven for about 45 minutes or until golden brown,

Brush with glaze about every 10 minutes.

When ready to serve, place a cherry half in the middle of each diamond.

Christmas Mince Pies.

220g flour

170g butter

Rounded desert spoon castor sugar

1 egg yolk

2-3 tablespoons iced water

pinch salt



Mix flour, butter, salt and sugar until mixture resembles fine bread crumbs.
Add egg yolk and mix gently.
Slowly add iced water,

mixing gently until pastry is correct consistency.

Roll out on a floured board and cut with a cookie cutter into rounds.

Place one base into each muffin mould.

Put 1 teaspoon Christmas Mince Meat into each base.

Wet the outer, underside rim of each lid with milk and apply to each mince pie. (this will help the lids to stick to the bases)

Brush the lids with beaten egg to brown.

Bake at 220°C for 10-15 minutes.

Competition:

Design a Christmas card for Grey's Hospital.

How about putting pencil and crayons to paper and designing a Christmas card that Grey's would be proud to send to other hospitals in South Africa. Include the Grey's logo/elephant and send it to Sr A Guise-Brown in The Clinical Department at the Campus by Friday 18th December and the designer of the best card will win themselves a chocolate cake sponsored by **Chatters Coffee Shop.**



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